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ABSTRACT

This module on apple dolls is one of eight modules designed to provide instruction on authentic Blue Ridge Mountain crafts to adult basic education students at a low cost. Contents include notes on the apple doll making: process used, including equipment and materials, as well as method described narratively and graphically; and the followup, where the students are told how they can progress to higher levels of proficiency. The Fry readability level of this module is 2.5. A teacher's guide which lists resources for each module in the series is available separately (see Note). (MEK)

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SHARING THE ARTS OF THE BLUE RIDGE MOUNTAINS

APPLE DOLLS

Conducted By:

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Special 309 Project

PREFACE

"Sharing the Arts of the Blue Ridge Mountains" is written so you, the AGE student, can learn about mountain arts. There are eight modules. Each module tells about the history of one art. Each module tells how to make a useful item the way mountain craftsmen do.

Crafts used to be a way of life for mountain families. People in the mountains were secluded. Families had to make everything they used. Later, city people wanted to buy these items. A crafts market developed. The mountain people found they could enjoy making things and have an income.

Today many people like to make items. It is a pleasure to make things. People still like to buy handmade items. Thus, there is still a market for items that are interesting to make.

In writing these modules, about 30 artists and craftsmen were interviewed. The craftsmen and artists shared the way they created their crafts. Project staff also visited Hambidge Center at Rabun Gap, Georgia; Berea in Kentucky; and Pi Beta Phi Arrowmont School, Gatlinburg, Tennessee. These schools are three of the ones which teach mountain arts and crafts. They were established to teach the mountain people some of the dying crafts in the early 1900's.

Today these schools, as well as John C. Campbell Folk School, Brasstown, North Carolina, and Penland Institute, Penland, North Carolina, have classes. Many vocational-technical schools also teach crafts. Junior colleges sometimes offer non-credit craft courses. The Cooperative Extension Service holds some craft classes. Later you may want to go to a class at one of these schools.

Bob Nichols of Helen, Georgia, did the art work for this project.

Mrs. Margaret Owens was the special consultant for this module. This project could not have been written without her help. She designed the patterns that were used. She also helped the staff write the instructions.

If you want to learn more about the Blue Ridge Mountain area or apple dolls, your AGE teacher has a list of books and resources.

MRS. MARGARET OWENS, Consultant

Mrs. Margaret Owens works with her apple dolls.

Mrs. Margaret Owens, her husband Jerry, and their children live in Cleveland, Georgia. On moving to the mountain area several years ago, Mrs. Owens became interested in mountain crafts. Apple dolls were so unusual she decided to learn more about them. She then tried making them. She used several methods. Finally she decided on the way to make the best doll.

Her dolls are very popular. All of her dolls have a theme.

Mrs. Owens has displayed and sold her dolls at the White County Fall Leaf Festival, the Unicoi State Park Fireside Craft Show and the Yellow Daisy Festival at Stone Mountain.

Articles have been written about Mrs. Owens and her dolls in the Mountain Observer and the Atlanta Journal-Constitution Magazine. Foxfire is also writing about Mrs. Owens and her dolls. This article should be out in the spring, 1978.

Mrs. Owens' dolls are currently on sale at several stores in the north Georgia area.

I. ABOUT APPLE DOLLS

The settlers of the Blue Ridge Mountains were isolated. They often lived great distances from stores. They made almost everything they needed. Items were made from whatever was available.

Children's toys were almost always made by the settlers. Many toys were copies of Indian toys. Some toys were made with great skill and originality.

Dolls were made of all types of materials. There were wooden dolls and rag dolls. There were corn shuck, hickory nut, potato and apple dolls.

Apple dolls have recently become popular again. They are often collected.

Each designer creates personality by the way the doll is dressed. However, the character of the face is nature's work. As the apple dries, each apple forms its own wrinkles. There will never be two faces alike.

II. HOW TO MAKE AN APPLE DOLL

The following equipment is needed for apple dolls:

1. A small knife.
2. Pliers.
3. Scissors
4. Small bowl.
5. 1 long needle (a carpet needle is good.)

6. Needle and pins.
7. 1 large safety pin.
8. 1 small safety pin.
9. 2 clothes pins.
10. Ruler.
11. Electric drill or brace and bit.

The supplies used are general items. Most homes have these on hand. The following are the needed supplies:

1. 1 large firm apple - yellow delicious if possible. (Fall and winter apples are the best.)
2. 1/2 cup lemon juice.
3. 12 inches of string.
4. 1 tooth pick.
5. Small hook - (Cut the top off a clothes hanger.)
6. 2 cucumber seeds (the same size).
7. Elmer's glue.
8. Water colors.
9. 20 gauge wire - 1 24-inch piece for body; 2 2½ inch pieces for broom.
10. Thread.
11. An old sock or nylons for stuffing the body.
12. 1/3 yard of white material. 1 piece 7-inches by 4-inches for the body. 1 piece 10-inches by 13-inches for the bloomers.

13. 1/3 yard of dress material.

14. 2 pieces of lace or rick-rack, 3 inches.

15. Cotton.

16. Toilet paper.

17. 1/4 cup water.

18. 2 teaspoons flour.

19. 1 block of wood about 5 inches wide and 1 inch thick.

20. 1 stick - 9 inches for stand.

21. 1 stick - 7 inches for the broom.

22. Straw - a large handful, 5 to 6 inches long.

23. Liquid bug repellent.

To begin, peel your apple. Cut a thin layer. Try to leave the apple smooth. Cut out the stem and blossom ends.

Hold the apple with the stem end up. Decide which side will make the best face.

Begin cutting 3/4 inch from the core, and make a large scoop in the front of the apple. (Figure 1) Be sure to scoop all the way to each side. The point of this scoop is the tip of the nose.

Next, start at the tip of the nose. Cut straight back about 1/2 inch. Cut all the way across the front of the apple. (Figure 2)

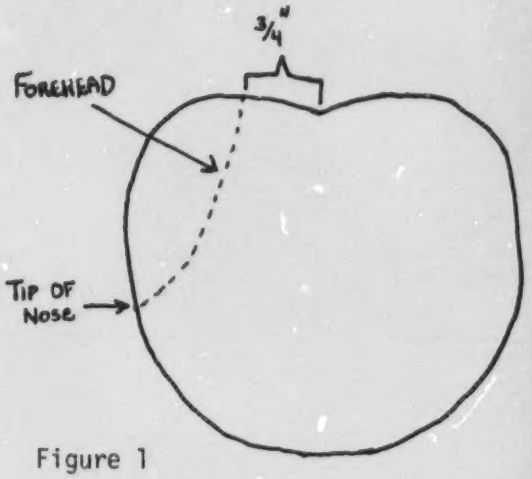


Figure 1

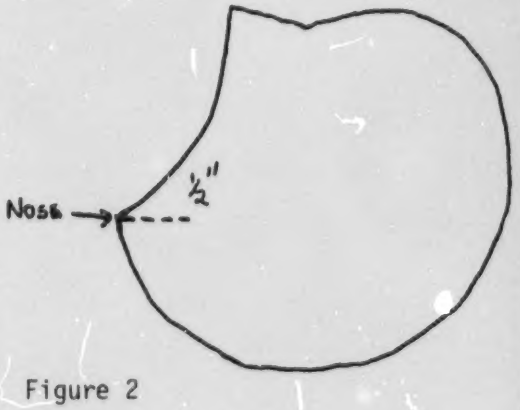


Figure 2

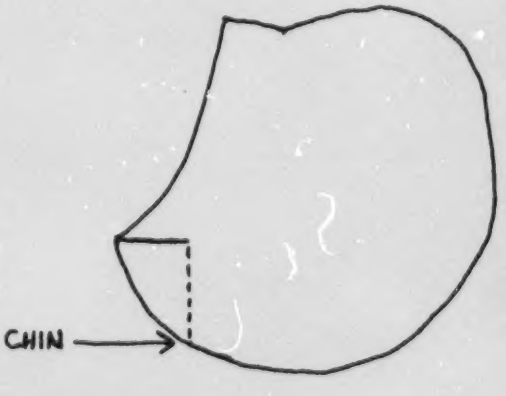


Figure 3

Now start at the bottom of the apple. Slice up to meet the cut under the nose. (Figure 3) This makes the chin.

To form the nose, cut down on each side of the center of the apple. Then start at the side of the scoop. Cut across the cheek areas. These cuts should meet the lines for the nose. (Figure 4) Remove the apple from the cheek area. Smooth the ridges at the forehead.

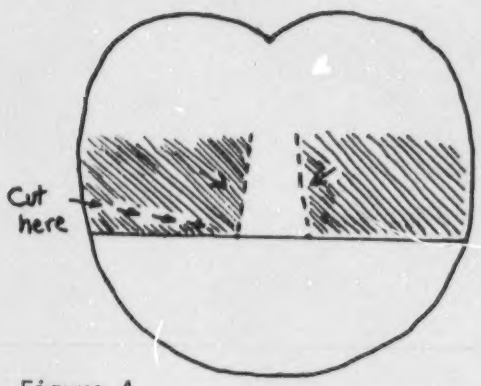


Figure 4

Cut small eye sockets at the top of the nose. (Figure 5) Gently scrape any sharp edges from the eye sockets and nose.

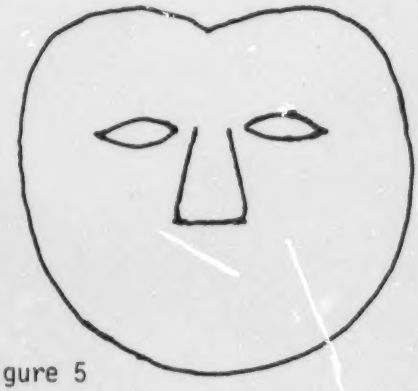


Figure 5

Cut the mouth next. For cheeks, cut the apple slightly at the corners of the mouth. (Figure 6)

Smooth all the sharp edges. Scrape gently.

Dip the apple in lemon juice. Get it wet all over.

Thread the large needle with string. Leave the string doubled. Knot it. Tie the knotted end around the center of a tooth pick. (Figure 7)

Figure 6

Use the pliers to push the needle through the core of the apple. Pull the string through. Let the head sit on the tooth pick. Make sure the tooth pick runs

from side to side, not front to back. (Figure 8) Tie the string to the hook.

Now dry the head. Hang it up in a warm,sunny place. If the weather is humid, put your apple in the oven. Turn it on for five (5) minutes at 150° (low). Leave the apple in the oven for 24 hours. During this time, occasionally turn the oven on at lowest temperature for five (5) minutes at a time. Then hang the apple out in the room to finish drying. It takes about three weeks to dry.

Figure 7

When the apple is dry, drop liquid bug repellent in the core. Let it run through the apple. The head is now ready to use.

Figure 8

While waiting for the head to dry, work on the hands, feet, body and clothes.

For the hands and feet, mix two (2) teaspoons of flour and 1/4 cup water. Tear off four (4) strips of toilet tissue. Each strip should be four (4) squares long. (Figure 9) Fold a strip in half. (Figure 10) Fold again. You should have one thick square. (Figure 11) Fold this square in half. (Figure 12) Then, fold this lengthwise in three (3) parts. (Figure 13) Your piece should

Figure 9

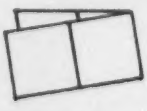


Figure 10

Figure 11

be about 1 inch wide and 4½ inches long. Now fold this strip in the middle so that it is about 2½ inches long. (Figure 14) Be sure to fold all four strips of paper like this.

For the hands use two (2) of the strips. Cut a thumb and fingers from the folded end. (Figure 15) Be sure to make a right and left hand. Write L or R on top of the hands. Keep these letters on top while working with them.

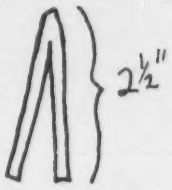
Dip the hands in the flour and water mixture. Gently squeeze the hand and thumb. Shape the hands as you squeeze. Squeeze the "arm" section together tightly. (Figure 16)

For the feet, use the other two strips. Cut on the folded end. Cut in a rounded shape. (Figure 17) Dip the feet in the flour and water mixture. Bend the back part up about 1 inch from the end. This forms a leg. (Figure 18)

Gently squeeze out the liquid. Squeeze the leg part together. The foot can be shaped more by cutting with scissors. Now set these aside to dry. When dry, paint the hands flesh color. Paint the feet black or brown.

Figure 12

Figure 13



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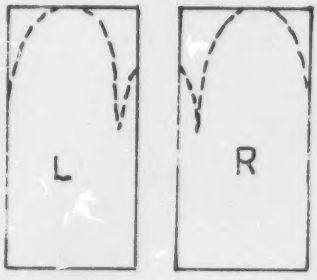

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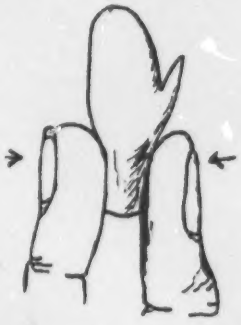


Figure 16

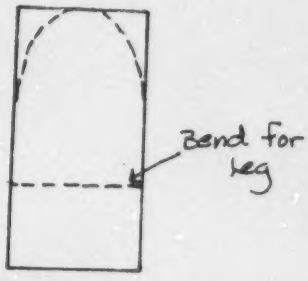


Figure 17

Now for the costume. This doll will be a country lady with a broom.

First, make a pattern for the dress. Use a large piece of paper or cardboard. A paper sack will do fine.

Figure 18

Figure 21 is 1/2 of the dress pattern. Place this on the fold of the paper. Cut it out so that the pattern is a solid piece. (Figure 19)

Now, place the pattern on the fold of the dress fabric. Cut the dress. The dress should now look like Figure 20.

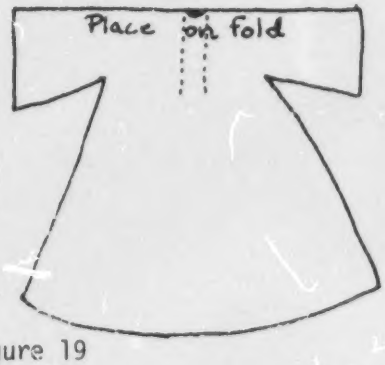


Figure 19

The pattern for the belt is Figure 23. The pattern for the bloomers is Figure 24. The pattern for the body pocket is Figure 22. (The body pocket will be stuffed for the body of the doll.)

To make the dress, begin by folding a 1/2 inch hem on the sleeve. Now hem the sleeve. (Figure 25)

Using larger stitches put a gathering seam over the top of the hem. This should be 1/4 inch from the hemmed edge. (Figure 26) Pull the thread to gather the material. It should be 2 inches long. Back stitch or tie the gathering threads. This keeps the gathers from pulling out. Repeat on the other sleeve. (figure 27)

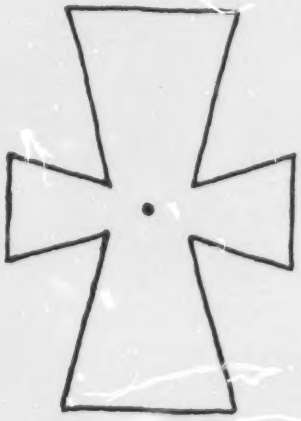
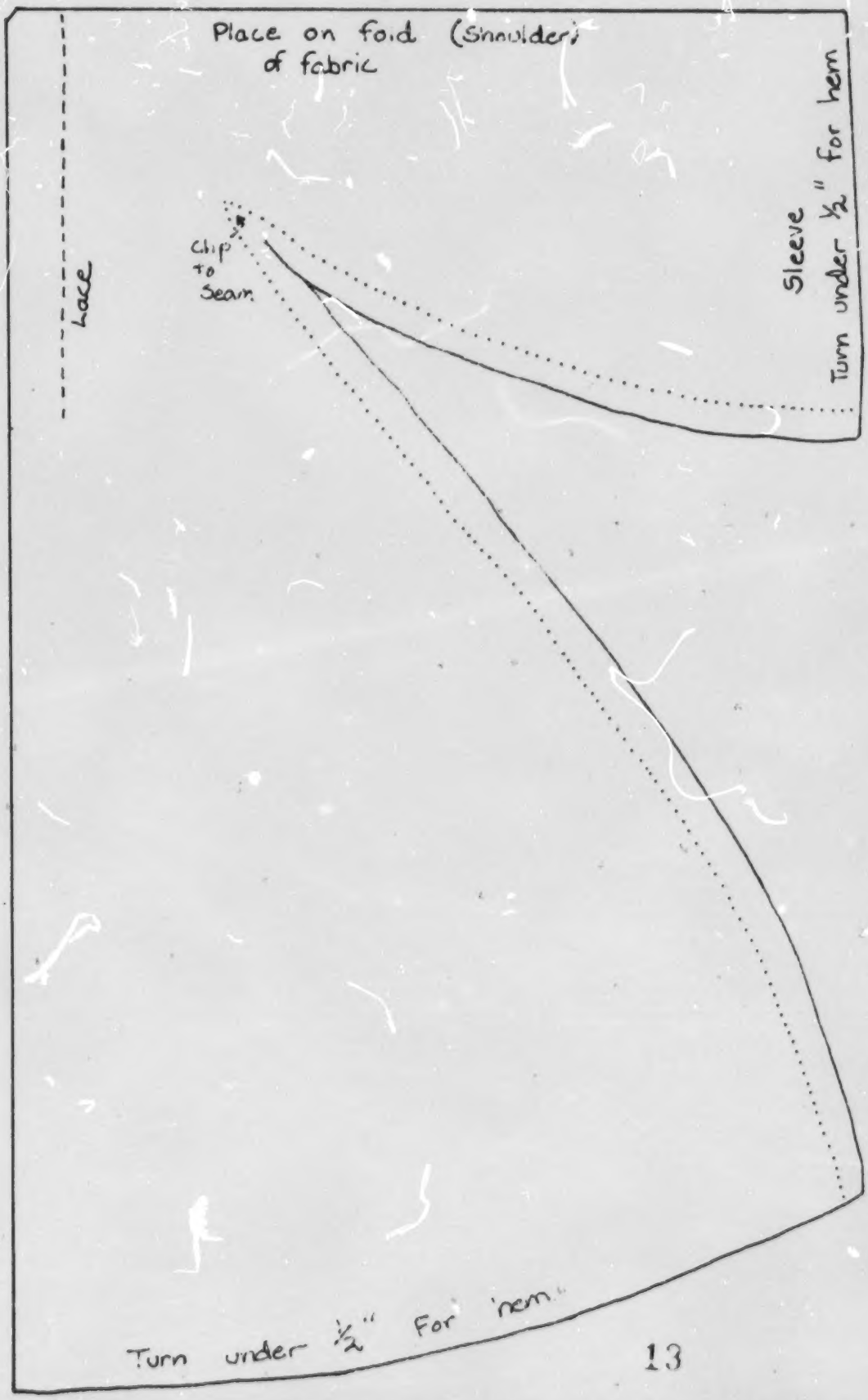


Figure 20

PATTERN

Figure 21



PATTERN

Figure 22

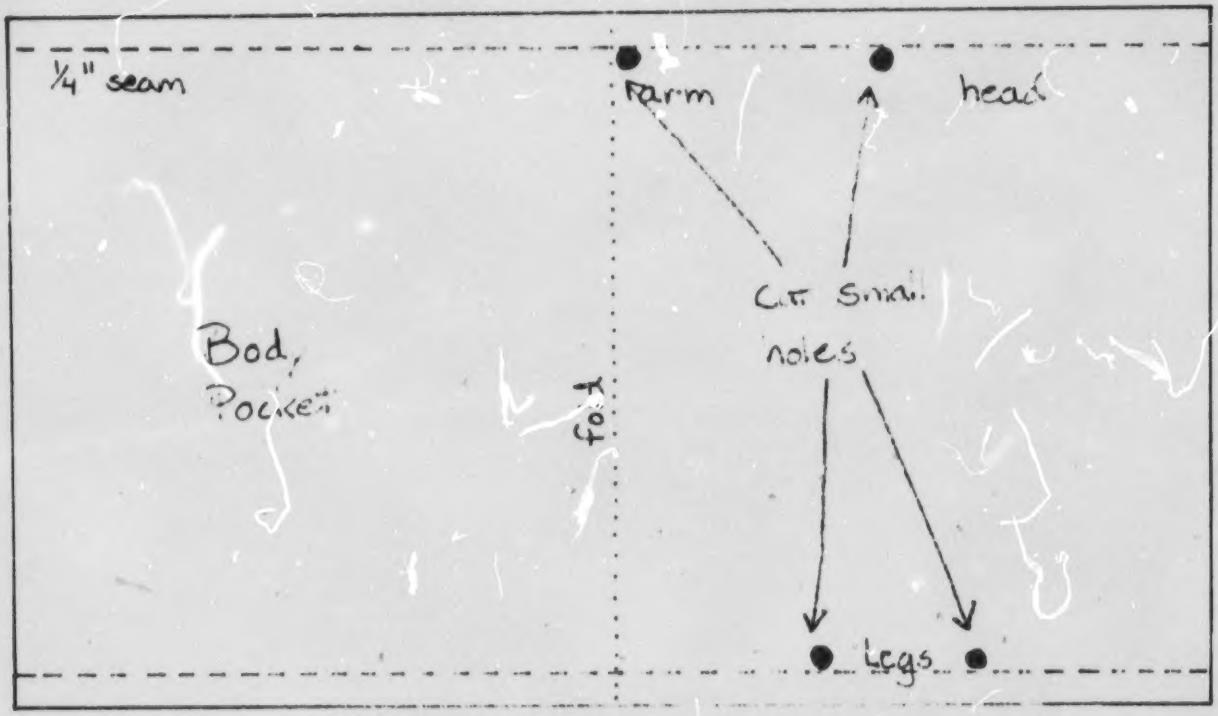
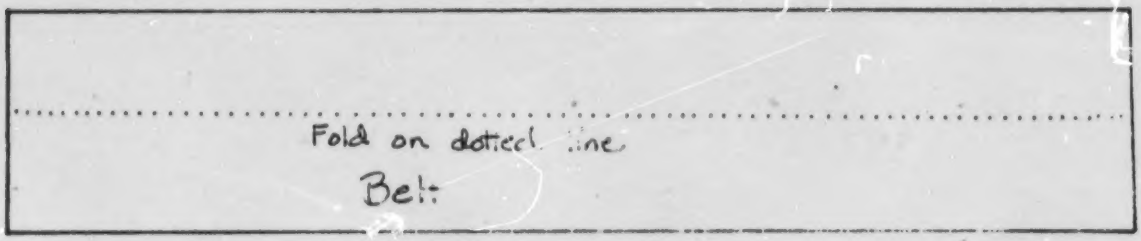
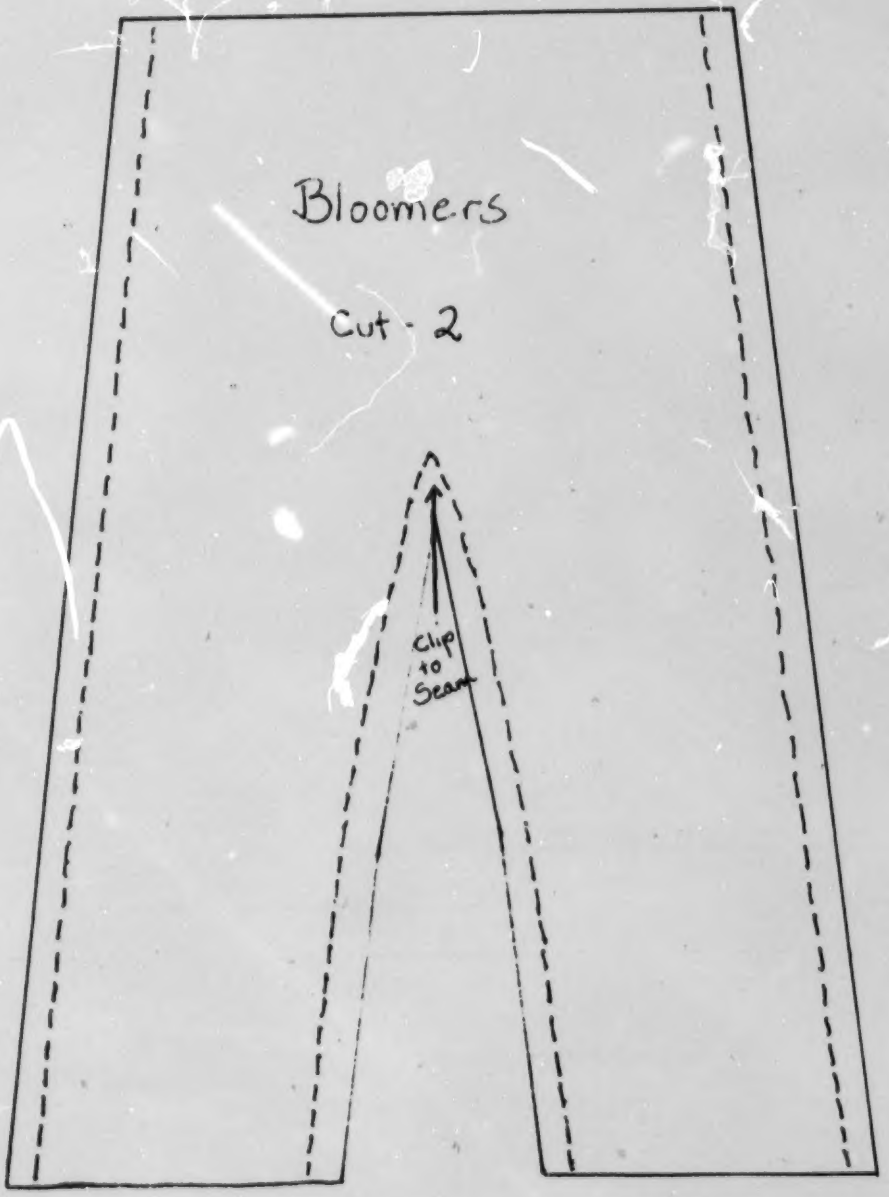


Figure 23



PATTERN

Figure 24



Fold the dress, right sides together. Pin along the seam line. Sew the side seams. Sew under the arms. Make a 1/4 inch seam. (Figure 28) Clip under the arms to the seam line.

Fold a 1/2 inch hem. Pin the hem. Sew it.

Turn the dress to the right side

Glue lace or rick rack on both sides of the center front. The lines are marked on the pattern. (Figure 29)

To make the belt, fold your fabric along the dotted line. Be sure the fabric is turned right sides together. Make a 1/4 inch seam across one end and down one side. (Figure 30)

Use a small, closed safety pin to turn the belt. Place the pin on the end that is sewn together. Push the pin. The pin will go inside the fabric. Let the pin pull the fabric through. Gather the material on the pin, then slide it off. Do this until the sewn end comes all the way through. The fabric should now be right side out. (Figure 31) Turn the belt up. The pin will slide out.

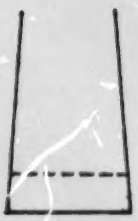


Figure 25

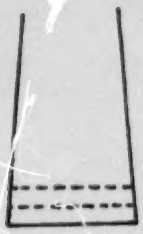


Figure 26

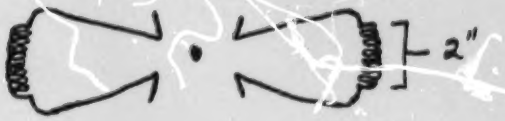


Figure 27

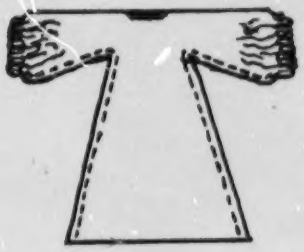


Figure 28

Figure 29

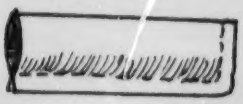


Figure 30

For the bloomers sew up one side. Make a 1/4 inch seam. Make a 1/2 inch fold at the waist. Hem the waist seam. (Figure 32) Sew the other side seam. Turn under 1/2 inch at the bottom of the legs. Hem the legs. With a 1/4 inch seam, sew up the straddle. Clip to the seam in the straddle. (Figure 33) Turn right side out.

Now make the body pocket. Fold the fabric in half on the fold line. Sew a 1/4 inch seam across both ends. Leave the side open.

Turn to the right side. Cut small holes where the black dots are on the pattern. (Figure 34)

To make the body, cut one 24 inch piece of wire. Bend it in half. 2½ inches from the bend start twisting the wire. Leave 6 inches for legs. (Figure 35) Next, cut a 10 inch piece of wire. Make a loop by bending it in half. This is the arms. (Figure 36) Slide the loop over the body frame. At 3 inches from the top pull the arm wire tight. (Figure 37)

Bend the 3 inch piece of wire around the arm section. Pull it tight. (Figure 38) Mash the knot of wire together with pliers.

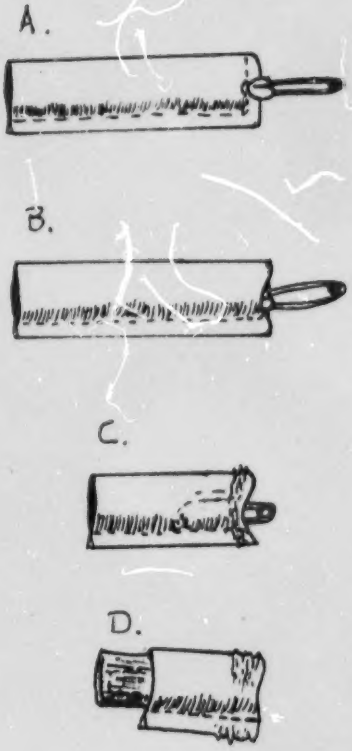


Figure 31

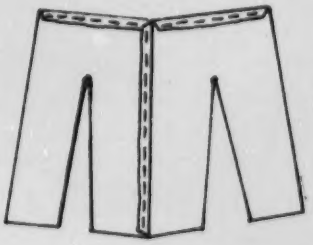


Figure 32

Now put the wire frame into the body sack. Put the head in the center hole at the top. Put an arm in the side hole. The legs go through the two bottom holes. The second arm should be out the open side. (Figure 39)

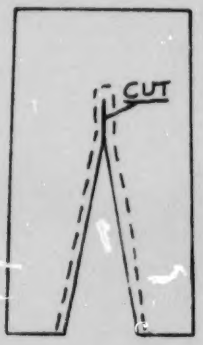


Figure 33

Stuff the sack. Use an old sock, nylons, cotton, etc. Sew the side together.

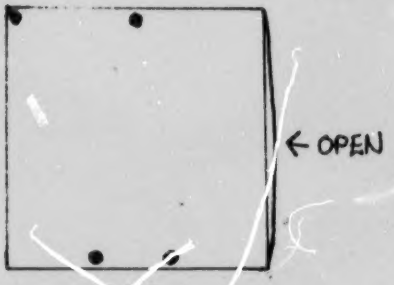


Figure 34

Begin to dress the doll. Put the bloomers on the stuffed frame. Have the bottom of the bloomers even with the end of the legs. Sew the bloomers in place at the waist. (Figure 40)

Bend the arms up. Slide the dress over the wire head. Place the center front of the belt at the bottom of the lace. Pull the belt tight to the back. Lap the smooth end over the raw edge. Stitch this together. Adjust the gathers in the dress.

Paint black spots on the cucumber seeds. These are the eyes. When the apple head is completely dry, glue the cucumber seeds in the eye sockets. (Figure 41)

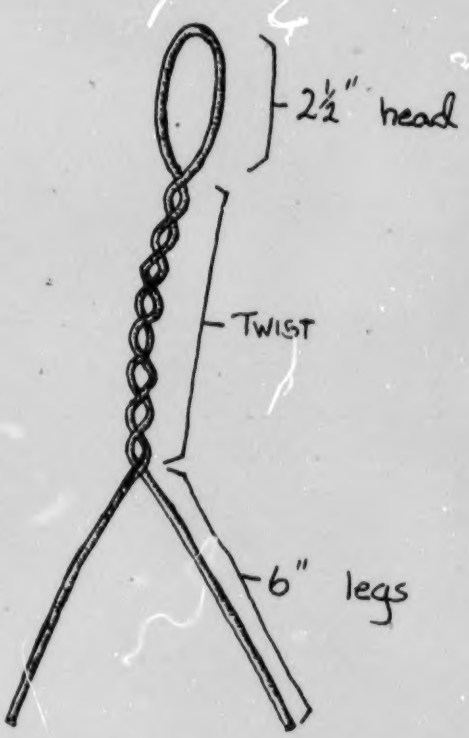


Figure 35

To put the head on the doll, cut the wire loop on the back. Cut this 1 inch from the top. Straighten the long piece.

Figure 36

Figure 37

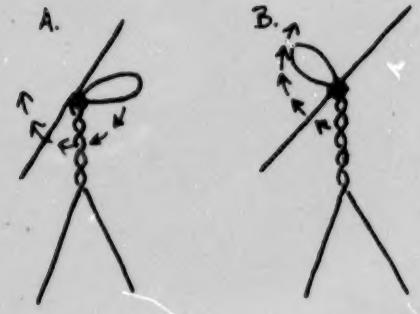


Figure 38

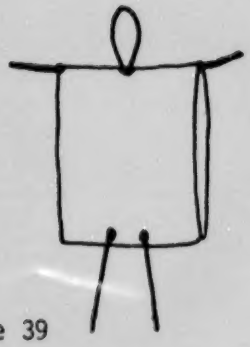


Figure 39

Figure 40

(Figure 42) Slide the wire through the core of the dried apple. Keep the face to the front. Bring the wire over the back of the head. Twist the ends together. (Figure 43) Push the wire flat against the head.

Next, prepare for the hair. Put glue all over the top and back of the head. Take two pieces of cotton. Start at the center part line. Place one piece going to the left, and one going to the ri[illegible]. (Figure 44) Wrap the cotton around the head to the center back. (Figure 45) Lap the cotton and twist any extra cotton together. Make the twisted cotton into a ball. Place a straight pin in the center to hold it. (Figure 45) The cotton may be sprayed lightly with hair spray to hold it in place.

(Fake fur also makes good hair. Cut a piece the size of the head from side to side. Glue it on. Shape it to the head. When the glue is dry, brush and style the hair.)

To attach the hands and feet, use a large pin or safety pin. Punch a hole in the center of the arms going down to the hand. Punch a hole in the legs down to the feet. (Figure 46)

Figure 41

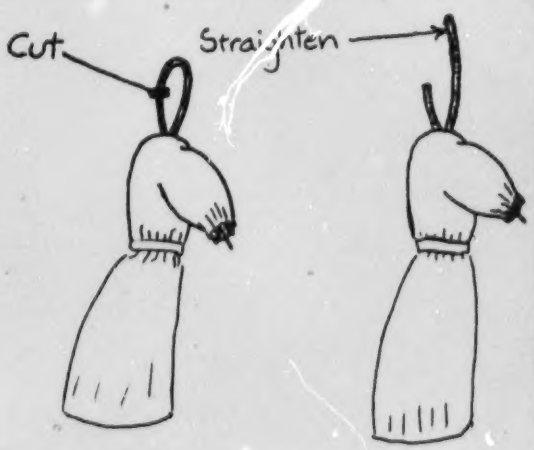


Figure 42

Figure 43

Push the sleeves of the dress up. Put the wire in the holes of the hands. Put glue around the wire. Pull the sleeves down over the arms. Let the glue dry.

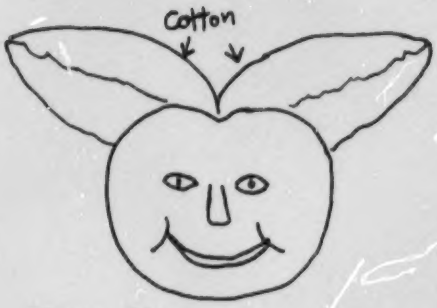


Figure 44

For the feet, push up the pants legs. Put the wire in the holes in the feet. Glue this also.

Now make the broom for the doll. Use a stick about 7 inches long and about 1/4 inch around. Skin the bark off the stick. Pick up a handful of straw. Be sure all straws are going the same way. Make a bundle about one inch around when squeezed together at one end. (Figure 47) Trim the end so that the straw is even. Place the stick in the center of the straw at the small end. (Figure 48) Now, 1/4 inch down from the top, wrap one piece of wire around the straw tightly. Wrap the other piece of wire 1 inch from the top wire. Twist it tightly. Trim the bottom of the broom. Make the straw about 4 inches long. (Figure 49) Now bend the wire arms in position for the broom. Glue the broom in the hands. Use clothes pins to hold the broom until the glue dries.

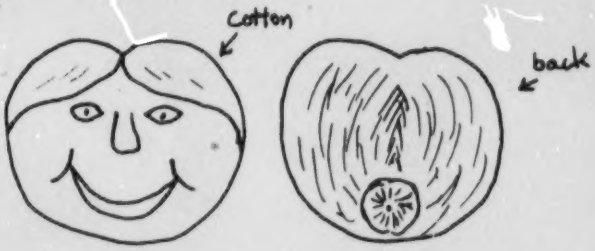


Figure 45

Figure 46

The final step is a stand for the doll. Bore a hole 2 inches from the back

Figure 47

side of the block of wood. (Figure 50) Put glue in the hole. Put a 9 inch stick in the hole. (Figure 51) Let the glue dry. If you wish to varnish the stand, do that now. However, this is not necessary.

Figure 48

Fit the stand to the doll. Hold the doll up to the stick. Put the dolls feet on the wood. Cut the stick to shoulder height.

Now slide the stick up one leg inside the bloomers. Go all the way to the shoulder under the dress. This keeps the stick out of sight while supporting the doll. Glue the feet to the stand.

Figure 49

The doll is now complete. Does it have good facial features? Are the clothes well fitted? Is the doll securely attached to the stand? If so, this is a good doll.

If the doll is not what it should be, try again. Practice will improve skills.

Figure 50

Figure 51

III. WHAT NEXT?

After the head and body structure of the doll is mastered, characters are endless. Dolls can be dressed in any style of clothes. They can carry through a theme. For example, an Indian doll could be dressed in buckskin and have a papoose on the back. An oriental doll could have a fancy silk dress and a small fan. The ideas are endless.

These dolls make beautiful gifts. If the dolls have a lot of character, a local shop may sell them.

Learning about different types of dolls from the Blue Ridge Mountain area would be interesting. Try experimenting with these also.

Other books may be of help in learning about apple dolls. The Adult Education teacher has a list of books.